

Workshops

January 2016

★ **Metro Employment Center**
720 S. 200 E. • Salt Lake City

Register for
reserved seating.
Walk-ins
welcome.



- Our workshops are designed to give you the skills necessary to succeed in a highly competitive job market.
- No-cost workshops are open to all job seekers.
- Register at jobs.utah.gov, or speak with an employment counselor.
- Workshops start on time. Late-comers will be asked to reschedule.

Job Seeking Skills	
RESUMÉ WRITING:	
Jan 4	1:00 PM–3:30 PM
Jan 14	1:00 PM–3:30 PM
Jan 25	1:00 PM–3:30 PM
INTERVIEWING SKILLS:	
Jan 5	1:00 PM–3:30 PM
Jan 13	1:00 PM–3:30 PM
Jan 28	1:00 PM–3:30 PM
NETWORKING STRATEGIES:	
Jan 19	1:00 PM–3:30 PM
*LINKEDIN #1:	
Jan 11	1:00 PM–3:30 PM
Jan 26	1:00 PM–3:30 PM
*LINKEDIN #2:	
Jan 7	1:00 PM–3:30 PM
Jan 20	1:00 PM–3:30 PM

RESUMÉ WRITING: Learn how to write and design a cutting-edge resumé and cover letter or power up a current resumé to get that interview. This workshop is designed for customers who are ready to write a resumé and start actively job searching.

INTERVIEWING SKILLS: Learn to be confident in an interview, research employers, market your skills and answer questions to enhance interview effectiveness.

NETWORKING STRATEGIES: Learn how to design and implement a networking plan.

LINKEDIN #1: Learn how to sign up, complete and make your profile effective. We will teach what experts look for in a good profile.

**Prerequisite — must have basic computer and Internet navigation skills. Register first, as computers are limited.*

LINKEDIN #2: Learn how to find and connect to others that can help you in your career. Find networking opportunities, get introductions, personal brand management and job search.

**Prerequisite — must have a current LinkedIn account and complete profile or have attended LinkedIn #1. Register first, as computers are limited.*

continued

Workforce Services • jobs.utah.gov



Equal Opportunity Employer/Program

Auxiliary aids and services are available upon request to individuals with disabilities by calling 801-526-9240.
Individuals with speech or hearing impairments may call the Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.

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Life Skills	
BUDGETING AND CREDIT:	
Budgeting - Jan 12	8:45 AM–12:00 PM - TIER 1
Credit - Jan 14	8:45 AM–12:00 PM - TIER 1
FINDING HEALTHY RELATIONSHIPS – HOW TO AVOID A JERK OR JERKETTE:	
Jan 5	9:00 AM–12:00 PM BREAK/LUNCH 1:00 PM–5:00 PM
STRENGTHENING THE COUPLE RELATIONSHIP:	
Jan 12	9:00 AM–12:00 PM- BREAK/LUNCH 1:00 PM–5:00 PM
PARENTING WITH LOVE AND LOGIC:	
Jan 19	9:00 AM–12:00 PM BREAK/LUNCH 1:00 PM–5:00 PM

BUDGETING AND CREDIT: Learn how to budget, save, repay debt and build credit.

FINDING HEALTHY RELATIONSHIPS – How to Avoid a Jerk or Jerkette: For singles of all ages—participants learn steps to building a high-quality, long-lasting relationship.

STRENGTHENING THE COUPLE RELATIONSHIP: Designed for couples in committed relationships—learn to understand one another's differences, increase trust and dependability and develop a deeper commitment.

PARENTING WITH LOVE AND LOGIC: Learn how to raise responsible children and have more fun—topics include ending power struggles, teaching responsibility, setting limits and preventing arguments, problem solving and completing chores without conflict.

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